



EMMA JARRETT

Originally from England, Emma studied The Alexander Technique while there in the early 90's and has been specializing in work with musicians and actors for the past 25 years.

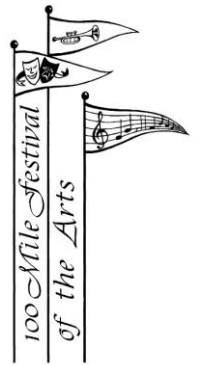
Her passion lies in helping the person behind the performance in their ever-unfolding need to grow, learn and respond creatively as the foundation of authentic, meaningful performance and in the pursuit of rich collaboration. Work at UBC Music School, on the VISI program and annually with the BC Performing Arts Festival has helped her make BC her personal and professional home

For more information on The Alexander Technique Visit www.emmajarrett.ca

For more information on 100 Mile Festival of the Arts Visit www.100milefestivalofthearts.ca

FREE YOUR CREATIVE EXPRESSION

An Introductory Workshop on
The Alexander Technique
with Emma Jarrett



For performers of all ages: Piano, Vocal, Instrumental, Speech Arts and Musical Theatre.

PRESENTED BY 100 MILE FESTIVAL OF THE ARTS

What is the Alexander Technique?

A mindful approach to performing in a more natural way. Learn how to give up unnecessary and harmful movements and get astonishing results with less effort.

Anatomical principles of movement discussed and demonstrated, helping individuals to be more mindful of how your body works and learning to make clear choices in your movements. Learn to take charge.

WHEN: SATURDAY, MARCH 2ND, 2019

**WHERE: 100 Mile United Church
49 Dogwood Avenue
100 Mile House, B.C.**

Morning Group Session: 10:00 a.m. – 12:00 p.m.
Cost per person: \$10.00

Private sessions available in the afternoon. May be booked in advance or at the morning session.

A Recital will follow at 4:00 p.m. for those who wish to perform.

TO REGISTER:

Contact Ginny-Lou Alexander at 250-395-3555